



A boardwalk leading out of pretty St. Charles Canyon just north of Utah-Idaho border helps hikers reach Minnetonka Cave.

## Idaho's Minnetonka Cave Offers Easy Hiking, Fine Campgrounds

By Craig Hansell  
THE SALT LAKE TRIBUNE

ST. CHARLES, Idaho — Minnetonka Cave, 10½ miles west of here, has attracted as many as 23,876 visitors annually since it was developed in the 1940s.

The half-mile long cave is in a faulted layer of Mississippian age limestone at an elevation of 7,700 feet.

Water carrying carbon dioxide acts as a limestone solvent and creates a spectrum of impressive cave formations.

The calcite deposits form stalactites which grow from the cave ceiling and stalagmites on the floor.

Temperatures in the cave remain 40 degrees all year.

Minnetonka was discovered in June 1906 or 1907 by Ed Arnell. It was designated Porcupine Cave after the remains of a porcupine were found in the cave.

Another local resident, Roy Welker, eventually named the cave Minnetonka — an Indian word meaning falling water.

The cave was enhanced as a Work Project Administration project by 24 workmen in 1938. Work was completed June 29,



### HIKING

1940.

The cave was closed during World War II and re-opened to the public in 1947.

Now, Minnetonka is one of only two American show caves operated by the U.S. Forest Service.

The cave is open seven days a week from June 15 through Labor Day. The entry fee is \$2.50 for adults and tours leave the cave entrance every half hour between 10:30 a.m. and 5 p.m.

The tour is limited to 30 people and lasts about 1½ hours.

In addition to the attraction of the cave itself, St. Charles Canyon is a spectacular destination with campgrounds.

The cave is in Cache National Forest but is operated by the Caribou National Forest in Montpelier, Idaho.

Visitors to popular Bear Lake on the Utah-Idaho border might consider taking the relatively short drive to St. Charles Canyon to enjoy a trip to the cool confines of the cave.



The inside of Minnetonka Cave near St. Charles, Idaho, is decorated with a number of both beautiful and intricate formations.

## Nature Log



The Nature Log provides a listing of events, clinics and shows relating to the natural world in Utah. It will run on a periodic basis in *The Salt Lake Tribune* Recreation section. To list an item, call 237-2070 or mail to Recreation Editor, P.O. Box 867, Salt Lake City, Utah 84110.

**Brian Head:** Geology & Flora of the High Plateaus. A Utah Museum of Natural History Field Class within the Markagunt and Panguitch Plateaus of Southwest Utah to observe first hand the geology and wildflowers of high plateau country. August 1 and 2. Vehicles provided. Participants are responsible for food and accommodations. For information, call 581-6927.

**Free Clinics:** Following is a list of 7 p.m. events at Recreational Equipment Inc. REI, 3285 East 3300 South. For information on any REI event, call Marty Stum or Kelly Davis at 486-2100.

**July 28 — Local Rock Climbs for the Novice.** World-class rock climber Merrill Bitter will offer tips on climbs in the Wasatch and snow slides.

**Stargazers Only:** An indoor lecture by John Baranica and then a late night Tram ride to the top of 11,000 foot Hidden Peak, where telescopes will be set up to view the stars. Cost is \$8 for adults and \$4 for children. The sessions will take place August 15, 22 and 29. Call 742-2222 extension 4080 for more information.

**Strawberry Campground Programs:** Held at Strawberry Bay Amphitheatre. August 1 — Utah's Wildlife, Ray Remund, Utah Wildlife Resources at 9 p.m. August 8 — Take a Walk Through Time: Strawberry Valley Military Encampment. Chamaine Thompson, U.S. Forest Service at 9 p.m.

**Wasatch Walks and Talks:** Wasatch-Cache National Forest Service Rangers present Walks and Talks on a regular basis through Labor Day. Plan on spending an hour for programs and walks and two hours for hikes. Programs will be canceled in cases of inclement weather. For more information call 524-5042.

**Every Friday — Flora and Fauna Hike,** 6 p.m. at Bigwater Trailhead. Evening Program, 7 p.m. at Spruces Campground.

**Every Saturday — Plants —** The Wild Department Store (walk), 10:30 a.m. at Box Elder Picnic Area. Explore Your Environment (hike), 10:30 a.m. at Spruces Campground. Wildflowers — A Walk on the Wildside (hike), 10:30 a.m. at Albion Basin Campground. Ecology of a Mountain Stream, 2 p.m. Box Elder Picnic Ground. A Window in Time — The History of Alta (walk), 3 p.m. at Alta Town Post Office. Campfire Program — Our Lives and Legends, 8:30 p.m. at Spruces Campground.

**Every Sunday — Wildlife in the Wasatch** (walk), 10:30 a.m. at Snowbird Wildlife Trail. A Guided Discovery Walk, 1 p.m. at Box Elder Picnic Area. Plants — The Wild Department Store (walk) at Albion Basin Campground.

**Summer in the Hollow:** Events scheduled at Hidden Hollow: A Children's Nature Park, 2160 S. 1150 East.

**July 30 — Is It Safe to Breathe on the Sidewalks?** Air Quality Workshop with Neal Olson.

**Red Butte Garden and Arboretum:** Saturday Family Fun at the Garden. Call 581-5322 for more information.

**August 1 — Elaine Harding, Artist, Mountain Totems.**

**Summer Science Day Camp:** The University of Utah and Wheeler Farm are sponsoring the camp for youth ages 7-10. July 27-August 7. Learn about the outdoor environment at Wheeler Farm. For more information call 581-6984.

## Observe Special River Fishing Regulations

When the wind picks up or the fishing gets slow at Strawberry Reservoir, more and more anglers are trying their luck on nearby rivers. That's fine if they obey regulations.

But Division of Wildlife Resources' officials report many violations of special regulations on Currant Creek, the Strawberry River and the West Fork of Duchesne.

Anglers fishing Currant Creek and its tributaries from Water Hollow Creek up to the headwaters may only keep two trout. They may use artificial flies and lures only.

All tributaries to Strawberry Reservoir are closed to protect spawning cutthroat trout. The Strawberry River from its confluence with Red Creek upstream to Soldier Creek Dam is closed to the harvest of all cutthroat trout or trout with cutthroat markings. Anglers are limited to artificial



flies and lures only.

On the West Fork of the Duchesne, anglers must use artificial lures and flies only.

The best fishing this week is being found on reservoirs. Here is a list of this week's best bets:

**NORTHERN UTAH —** Pineview Reservoir has a variety of angling opportunity right now. The crappie fishing is perhaps the best right now for anglers using mini jigs in brushy areas. The bass are also starting to bite but remember the 15 inch minimum size requirement. As if that wasn't enough to offer anglers, Pineview also has a population of tiger muskie and although the size requirement is 30 inches, the smaller fish

offer a heck of a fight.

**NORTHEASTERN UTAH —** Currant Creek Reservoir is producing some good numbers of small rainbows to anglers using dry flies during the evening hours.

**CENTRAL UTAH —** Fishing at Deer Creek Reservoir is good in the morning and evenings, when the water isn't crowded with water skiers. Try using Power Bait or worms while anchored from a boat for last years planted trout.

**SOUTHERN UTAH —** Kolob Reservoir is fair for rainbow, brook and cutthroat trout. The best method is trolling with pop gear and worms.

**SOUTHEASTERN UTAH —** The Manti Mountain lakes provide some fair fishing. The lakes are stocked frequently. Watch for rising fish in the evenings and try to match the hatch with a dry fly a bubble set up.

## Seniors Who Exercise Avoid Many Ailments While Feeling Better Longer

The ASSOCIATED PRESS

WASHINGTON — Old people can exercise more than they realize — and benefit more than they could have expected, experts say.

"For many years, there has been this myth that, as we grow older, we lose the ability to respond to exercise," said William J. Evans, chief of the Human Physiology Laboratory of the U.S. Agriculture Department's Human Nutrition Research Center on Aging at Tufts University.

Researchers now know better, and are trying to get the word to seniors. Studies have found that exercise can increase muscle mass, reduce body fat, improve balance, retard the rate of bone loss and generally make life more worth living.

"The more we delve into it, the more we find that many things we



### FITNESS

thought were inevitable are quite preventable," Evans said. What people typically consider the inevitable frailty of age is really the reversible frailty of disuse, he said.

Doctors say seniors who are out of shape should see a doctor before starting an exercise program, to make sure they don't have an ailment that would require special handling during exercise or even make exercise unsafe. But researchers say older people who can exercise should.

Dr. Maria A. Fiatarone, a colleague of Evans, found that weight training can literally reverse frailty, even in the very old.

Exercise may also sharpen the sense of balance, possibly preventing falls that result in broken bones, researchers say. The exercises focus on leg strength, and can be as simple as standing on your toes while steadying yourself by holding onto the back of a chair.

"You do a good bit of balancing the level of your ankles," said Dr. Leslie Wolfson, chairman of neurology at the University of Connecticut School of Medicine in Farmington. If your ankles can't handle the balance problem, you get your knees and hips to help, he said.

In a sense, older people have more to gain than younger ones do by exercising, said Steven N. Blair of the Cooper Institute for Aerobics Research in Dallas. "In our data, at least, the relation between low fitness and mortality is even stronger in the older age groups," said Blair, whose landmark study showed a link between lack of exercise and a higher risk of dying early.

For instance, the death rate of the fittest men 60 and older was 80 in 10,000, while the death rate of the least-fit was 750 per 10,000 — "just an enormous gradient," Blair said.

## Solar-lunar table

Some people think fishing and hunting are better at these times because of the activity patterns of fish and game animals:

2-hr. periods of peak activity

Week's best times

	Mid-night	6 a.m.	Noon	6 p.m.
Sun.				
Mon.				
Tue.				
Wed.				
Thu.				
Fri.				
Sat.				
Next Sun.				

SOURCE: Based on solar-lunar table by Miami Herald Sports writer Jim Martenhoff

## Poaching Decimating Wildlife Population Across the Country

THE ASSOCIATED PRESS

JACKSON, Wyo. — Wildlife poaching has become so pervasive and difficult to combat it threatens to ruin animal populations around the American West and the world, a top law officer says.

"At no time in my career have I seen poaching and illicit trade in wildlife as bad as it is today," said Terry Grosz, law enforcement chief for the U.S. Fish and Wildlife Service's Rocky Mountain Region, which includes both Wyoming and Montana.

"Give us the same odds Custer had, we'll take them today," Grosz told an audience at the Wyoming Wildlife Federation's recent annual conference in Jackson. "We're outnumbered, we're outgunned."

There are only 21 federal wildlife agents in the Rocky Mountain states.

Game wardens and wildlife officers have a death rate nine times higher than any other law enforcement profession. And although game officers have put hundreds of poachers behind bars, Grosz estimated they are probably not catching even one out of every five.

"Priests, policemen, government officials, it makes no difference," Grosz said. "Everybody can be taken in by greed and that's what this is."

Much wildlife poaching is driven by a thriving black market for trophy mounts and in animal parts used for medicinal purposes in certain cultures. Those cultures — mainly Oriental — use items like bear gall bladders and seal gonads as pharmaceuticals.

A black bear with certain markings that give it medicinal value can sell for \$37,500, Grosz said. A full-curl Rocky Mountain bighorn sheep trophy mount can fetch between \$25,000 and \$45,000.

## Great Salt Lake's Incredible Brine Fly Population Brings Millions of Birds to Utah Each Year

Continued From C-8

Lake have been designated as sister sites.

"Only six or eight birds [including the phalaropes] can tolerate the high salinity and use the lake proper," says Jehl. "But the Great Salt Lake also has those wonderful freshwater marshes nearby. That allows the production of tremendous numbers of brine flies. Flies are the preferred food. The existence of those marshes adds to the richness of the lake."

Visitors may look at the phalaropes and think nothing could endanger such large flocks. Not so, says Castro.

"The disappearance of one of those sites could mean the disappearance of a whole species of birds."

Yet, until just recently, little was known about shorebirds.

"Shorebirds have been considered second class citizens," says Castro. "Wetlands have been managed primarily for waterfowl [ducks and geese] because hunters have paid for that management through license fees and duck stamps. But the demographics are changing rapidly. Many places which were traditionally used by duck hunters are now being used mostly by bird watchers, nature photographers and naturalists."

Trained to use refuges to produce ducks and geese, most biologists know little about shorebirds.

Castro's organization is trying to teach managers how to protect shorebirds.

Yet cynics may wonder why biologists should bother studying shorebirds.

"We need to protect all the biodiversity we possibly can," Jehl says. "Unless you know the biology of an individual species, you can't manage it. You don't know how it fits in the long scheme of things."

From a more practical standpoint, Jehl feels phalaropes have the potential to offer clues to solving heart disease and weight gain problems. Studying how the birds can put on so much weight and fat so quickly and then metabolize it

for a long-distance flight could reveal secrets to help man.

"That research may not have an application," he says. "These birds may just be wonderful things to save for their own value. But, if we can study them and apply that knowledge to something else, it would be great."

Though none of the shorebirds currently using the Great Salt Lake are known to be threatened or endangered, biologists like the Division of Wildlife Resources' Don Paul are concerned about long-billed curlew and snowy plovers. Studies are currently being conducted on both birds to see if either are in trouble.

The designation of the Great Salt Lake as a site of hemispheric

importance for shorebirds could help generate dollars for research. Jehl's Hubbs-Sea World Research Institute, the Point Reyes Bird Observatory in California, graduate students from Utah State University, the National Audubon Society and the Division of Wildlife Resources are all putting a greater emphasis on studying Great Salt Lake shorebirds and their habitats.

To nature lovers like Salt Lake City bird expert Ella Sorensen, the millions of Great Salt Lake shorebirds inspire awe.

"I've never seen an area that is this incredible," she says. "It's not well known or well publicized, but there is amazing variety here."

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